



## **Attention City of Savannah Employees**

St. Joseph's/Candler will be offering Flu Clinics at the following locations:

Friday, September 23<sup>rd</sup> at SCMPD Training Unit from 7:00am-11:00am & 1:00pm-4:00pm Address: 3401 Edwin Street

Thursday, October 20th at Adams Complex from 12:00pm-3:00pm

Address: 20 Interchange Drive – Room 104

Tuesday, November 1st at Critical Workforce Shelter from 8:00am-3:00pm

Address: 1 Water Filtration Plant Road

Influenza ("flu") is a contagious disease that spreads around the United States every year, usually between October and May. Flu viruses are spread mainly by coughing, sneezing, and close contact. Each year thousands of people in the United States die from flu, and many more are hospitalized. Flu strikes suddenly and can last several days.

## Symptoms vary by age, but can include:

- Fever or chills
- Sore Throat
- muscle or body aches
- Fatigue (tiredness)
- Cough
- Headaches
- Runny or Stuffy Nose

## The Flu vaccine can:

- Keep you from getting the flu
- Make flu less severe if you do get it
- Keep you from spreading flu to your family and others

## Protect yourself and family, stop by and get your flu vaccine!

All City employees/dependents on the City Health plan can also get a flu vaccination at any pharmacy providing vaccinations by showing their medical card.

\*\*Please note flu vaccinations are not covered via the Minute Clinic. They are only covered if given at the pharmacy with your City of Savannah Health Insurance card. \*

For more info contact your Employee Health Coordinator, Kate DeMasi kate.demasi@savannahga.gov or call 912-655-3403